

“MI VIDA”

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MUSIC: “*Mi Vida*” Pimpinela, Casa Musica The Best Vol. 25, *Vivo Latino*, Track #15.

PHASE & RHYTHM: **Dance Vision** CD 482 [Music edited for length]

SEQUENCE: **Phase IV+2 Rumba** (full natural top, opening out)
INTRO, A, B, C, A MOD, B, C, END [Contact Choreographer for Availability]

INTRO

1-4 **WAIT (OP FCING / WALL trail ft free); 3 ALTERNATIVE BASICS;;;**
1 **WAIT** OP FCing / WALL no hds trail ft free wait 1 ms;
2 **QQS** **[ALTERNATIVE BASIC]** Cl R to L in pl, cl L to R in pl, sd R, __ (W cl L to R in pl, cl R to L in pl, sd L, __);
3 **QQS** **[ALTERNATIVE BASIC]** Cl L to R in pl, cl R to L in pl, sd L, __ (W cl R to L in pl, cl L to R in pl, sd R, __);
4 **QQS** **[ALTERNATIVE BASIC]** Cl R to L in pl, cl L to R in pl, sd R, __ (W cl L to R in pl, cl L to R in pl, sd R, __);

5-8 **NY; AIDA; HIP RK 3; SLOWLY STP BK to AIDA LINE;**
5 **QQS** **[NY]** LOP / WALL ck fwd L RLOD, rec bk R, sd L, __ (W LOP fc COH ck fwd R RLOD, rec bk L, sd R, __);
6 **QQS** **[AIDA]** OP fwd R LOD, fwd L rf trn, bk R to AIDA LINE, __ (W OP fwd L LOD, fwd R lf trn, bk L AIDA LINE, __);
7 **QQS** **[HIP RK 3]** AIDA LINE fc RLOD rk fwd L, rk bk R, rk fwd L, __ (W AIDA LINE fc RLOD rk fwd R, rk bk L, rk fwd R, __);
8 **S__** **[STP BK to AIDA LINE]** Bk R to AIDA LINE slowly present rt arm, __, __, __ (W bk L to AIDA LINE slowly present lt arm, __, __, __);

PART A

1-4 **SWITCH-X to BFY; CRAB WK 3; REV UNDERARM TRN; UNDERARM TRN to CP;**
1 **QQS** **[SWITCH-X]** AIDA LINE bk & sd L, rec sd R, xLif RLOD to BFY / WALL, __ (W bk & sd R, rec sd L, xRif RLOD to BFY fc COH, __);
2 **QQS** **[CRAB WK]** BFY / WALL sd R, xLif, sd R RLOD, __ (W BFY fc COH sd L, xRif, sd L RLOD, __);
3 **QQS** **[REV UNDERARM TRN]** X-ck Lif lead W underarm trn, rec bk R, sd L, __ (W xRif lf underarm trn, fwd L LOD, sd R, __);
4 **QQS** **[UNDERARM TRN]** X-ck Rib lead W underarm trn, rec fwd L, sd R CP / WALL, __ (W xLif rf underarm trn, fwd R RLOD, sd L CP, __);

5-8 **½ BASIC & FAN;; HKY STK;;**
5 **QQS** **[½ BASIC]** CP fwd L, rec bk R, sd L, __ (W BFY bk R, rec fwd L, sd R, __);
6 **QQS** **[FAN]** Bk R, rec fwd L slight lf trn, sd R fc DW in FAN POS, __ (W fwd L lf trn, bk R, bk L fc RLOD in FAN POS, __);
7 **QQS** **[HKY STK]** FAN POS ck fwd L, rec bk R, cl L to R, __ (W FAN POS cl R to L, fwd L, fwd R RLOD, __);
8 **QQS** Ck bk R fc DRW, fwd L lead W underarm trn, fwd R LOFP / DRW, __ (W fwd L DRW, fwd R lf underarm trn, bk L LOFP fc DC, __);

9-12 **FWD BASIC; BK WK 6;; FULL NAT TOP;**
9 **QQS** **[FWD BASIC]** LOFP / DRW ck fwd L, rec bk R, bk L LOD, __ (W LOFP ck bk R, rec fwd R, fwd L LOD, __);
10 **QQS** **[BK WK 6]** LOFP / RLOD bk R, bk L, bk R, __ (W fc LOD fwd L, fwd R, fwd L, __);
11 **QQS** **[HKY STK]** Bk L, ck bk R, sd & fwd L to CP / RLOD, __ (W fwd R, fwd L, fwd R to CP fc LOD, __);
12 **QQS** **[FULL NAT TOP]** CP / RLOD rf cir rotation xRib, sd L, xRib fc WALL, __ (W CP rf cir rotation sd L, xRif, sd L fc COH, __);

13-16 **fin NAT TOP;; OP OUT to FC; Lady PUSH OFF to HKY STK END;**
13 **QQS** Cont rf cir rotation sd L, xRib, sd L fc DC, __ (W cont rf cir rotation xRif, sd L, xRif fc DRW, __);
14 **QQS** Cont rf cir rotation xRib, sd L, cl R to L CP / WALL, __ (W cont rf cir rotation sd L, xRif, cl L to R CP fc COH, __);
15 **QQS** **[OP OUT to FC]** CP / WALL rf body rotation sd L release lt sd, rec R, cl L to R, __ (W CP rf op out bk R, rec L lf trn, sd R fc COH, __);
16 **QQS** **[PUSH OFF to HKY STK END]** Release ptr ck bk R, rec fwd L, fwd R LOFP / WALL, __
(W using rt hd to push off M's chest & trning lf fwd L WALL, fwd R lf trn, bk L LOFP fc COH, __);

PART B

1-4 **ALEMANA to LARIAT;;;**
1 **QQS** **[ALEMANA]** LOFP / WALL ck fwd L, rec bk R, cl L to R, __ (W ck bk R, rec fwd L, fwd R to M's lt sd, __);
2 **QQS** Ck bk R lead W underarm trn, rec fwd L, cl R to L, __ (W fwd L rf underarm trn, fwd R to WALL, rf trn fwd L COH to M's rt sd, __);
3 **QQS** **[LARIAT]** Sd L, rec R, cl L to R, __ (W cir rf around & beh M fwd R, fwd L, fwd R to M's lt sd fc WALL, __);
4 **QQS** Sd R, rec L, sd R LOFP fc WALL, __ (W cont rf cir around M fwd L, fwd R, sd L LOFP fc COH, __);

5-8 **NY 4; NY; SPT TRN; HD to HD to BFY;**
5 **QQQQ** **[NY 4]** LOFP ck fwd L RLOD, rec bk R, ck sd L, rec sd R LOFP (W ck fwd R RLOD, rec bk L, ck sd R, rec sd L LOFP);
6 **QQS** **[NY]** Ck fwd L RLOD, rec bk R, sd L BFY / WALL, __ (W ck fwd R RLOD, rec bk L, sd R BFY fc COH, __);
7 **QQS** **[SPT TRN]** Fwd R LOD lf trn, fwd L RLOD, sd R BFY / WALL, __ (W fwd L LOD rf trn, fwd R RLOD, sd L BFY fc COH, __);
8 **QQS** **[HD to HD]** Lf trn bk L OP / LOD, rec fwd R rf trn, sd L BFY / WALL, __ (W rf trn bk R OP / LOD, rec fwd L lf trn, sd R BFY fc COH, __);

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PART B Cont.

9-12 **SERPIENTE;; NY; SPT TRN;**
9 **QQS** **[SERPIENTE]** BFY / WALL xRif, sd L, xRib, ronde L ccw (W BFY xLif, sd R, xLif, ronde R cw);
10 **QQS** XLif, sd R, xLif, ronde R ccw (W xRib, sd L, xRif, ronde L cw);
11 **QQS** **[NY]** Ck fwd R LOD, rec bk L, sd R, __ (W ck fwd L LOD, rec bk R, sd L, __);
12 **QQS** **[SPT TRN]** Fwd L RLOD, rf trn fwd R LOD, sd L BFY / WALL, __ (W fwd R RLOD, lf trn fwd L LOD, sd R BFY fc COH, __);

13-17 **OP CRAB WKS to BFY;; FENCE LINE 4; FENCE LINE; SLO HIP RK 2 to CP;**
13 **QQS** **[OP CRAB WKS]** BFY release ld hds fwd R, sd L tch lead hds, release lead hds fwd R, __ (W BFY fwd L, sd R, fwd L, __);
14 **QQS** Sd L, fwd R, sd L blend BFY, __ (W sd R, fwd L, sd R blend BFY, __);
15 **QQQQ** **[FENCE LINE 4]** BFY / WALL x-ck R LOD, rec bk L, ck sd R, rec sd L (W BFY x-ck L LOD, rec bk R, ck sd L, rec sd R);
16 **QQS** **[FENCE LINE]** X-ck R LOD, rec bk L, sd R, __ (W x-ck L LOD, rec bk R, sd L, __);
17 **SS** **[SLO HIP RK 2]** Rk sd L, __, rk sd R blend CP / WALL, __ (W rk sd R, __, rk sd L blend CP fc COH, __);

PART C

1-4 **BASIC to X-BODY;; BASIC to X-BODY;;**
1 **QQS** **[BASIC to X-BODY]** CP / WALL fwd L, rec bk R, lf trn sd L fc LOD, __ (W CP fc COH bk R, rec fwd L, fwd R, __);
2 **QQS** Bk R, rec fwd L lf trn, sd R CP / COH, __ (W fwd R, fwd L lf trn, sd R CP fc WALL, __);
3 **QQS** **[BASIC to X-BODY]** CP / COH fwd L, rec bk R, lf trn sd L fc RLOD, __ (W CP fc WALL bk R, rec fwd L, fwd R, __);
4 **QQS** Bk R, rec fwd L lf trn, sd R CP / WALL, __ (W fwd R, fwd L lf trn, sd R CP fc COH, __);
5-8 **BRK BK to ½ OP; OP IN & OUT RUNS;; THRU, SD, CL to BFY;**
5 **QQS** **[BRK BK to ½ OP]** CP / WALL lf trn bk L ½ OP / LOD, rec fwd R, fwd L, __ (W CP rf trn bk R ½ OP / LOD, rec fwd L, fwd R, __);
6 **QQS** **[OP IN & OUT RUNS]** ½ OP fwd R DW, fwd L rf trn, fwd R ½ LOP / LOD, __ (W ½ OP fwd L, fwd R, fwd L ½ LOP / LOD, __);
7 **QQS** ½ LOP fwd L, fwd R, fwd L ½ OP / LOD, __ (W ½ LOP fwd R DW, fwd L rf trn, fwd R ½ OP / LOD, __);
8 **QQS** **[THRU, SD, CL]** ½ OP / LOD fwd R, sd L, cl R to L BFY / WALL, __ (W ½ OP / LOD fwd L, sd R, cl L to R BFY fc COH, __);

PART A MOD

1-4 **CRAB WKS to RLOD;; REV UNDERARM TRN; UNDERARM TRN to CP;**
1 **QQS** **[CRAB WKS to RLOD]** BFY / WALL xLif to RLOD, sd R, xLif, __ (W BFY fc COH xRif to RLOD, sd L, xRif, __);
2 **QQS** Sd R, xLif, sd R, __ (W sd L, xRif, sd L, __);
5-8 **½ BASIC & FAN;; HKY STK;;**
9-12 **FWD BASIC; BK WK 6;; FULL NAT TOP;**
13-16 **fin NAT TOP;; OP OUT TO FC; Lady PUSH OFF to HKY STK END;**

PART B

1-4 **ALEMANA to LARIAT;;;**
5-8 **NY 4; NY; SPT TRN; HD to HD to BFY;**
9-12 **SERPIENTE;; NY; SPT TRN;**
13-17 **OP CRAB WKS to BFY;; FENCE LINE 4; FENCE LINE; SLO HIP RK 2 to CP;**

PART C

1-4 **BASIC to X-BODY;; BASIC to X-BODY;;**
5-8 **BRK BK to ½ OP; OP IN & OUT RUNS;; THRU, SD, CL to OP FCing;**

END

1-4 **4 ALTERNATIVE BASICS;;;**
3 **QQS** **[ALTERNATIVE BASIC]** OP FCing no hds cl L to R in pl, cl R to L in pl, sd L, __ (W OP FCing cl R to L in pl, cl L to R in pl, sd R, __);
2 **QQS** **[ALTERNATIVE BASIC]** Cl R to L in pl, cl L to R in pl, sd R, __ (W cl L to R in pl, cl R to L in pl, sd L, __);
3 **QQS** **[ALTERNATIVE BASIC]** Cl L to R in pl, cl R to L in pl, sd L, __ (W cl R to L in pl, cl L to R in pl, sd R, __);
4 **QQS** **[ALTERNATIVE BASIC]** Cl R to L in pl, cl L to R in pl, sd R, __ (W cl L to R in pl, cl L to R in pl, sd R, __);
5-8 **NY; AIDA; HIP RK 3; SLOWLY STP BK to AIDA LINE;**
5 **QQS** **[NY]** LOP / WALL ck fwd L RLOD, rec bk R, sd L, __ (W LOP fc COH ck fwd R RLOD, rec bk L, sd R, __);
6 **QQS** **[AIDA]** OP fwd R LOD, fwd L rf trn, bk R to AIDA LINE, __ (W OP fwd L LOD, fwd R lf trn, bk L AIDA LINE, __);
7 **QQS** **[HIP RK 3]** AIDA LINE fc RLOD rk fwd L, rk bk R, rk fwd L, __ (W AIDA LINE fc RLOD rk fwd R, rk bk L, rk fwd R, __);
8 **S__** **[STP BK to AIDA LINE]** Bk R to AIDA LINE slowly present rt arm, __, __, __ (W bk L to AIDA LINE slowly present lt arm, __, __, __);